

The Program of the Integrated Approach to Carrying Out Sports Games Lessons Within the Framework of Physical Education at the Higher Education Institution

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ABSTRACT: The article discusses the program of an integrated approach to conducting classes in sports games within the framework of physical education at a university. Most often, the educational process of physical education at a university includes the development of such types of team sports as football, basketball, volleyball, handball. Typically, a study program of one kind or another provides for theoretical and practical classes. Practical classes consist of physical training, physical training, technical and tactical training and the implementation of control standards. The most important task in sports games is the formation of a system of technical techniques and tactical actions at the level of motor skills. The authors developed a program of an integrated approach to conducting sports games, in which they attempted to combine exercises with a similar biomechanical structure from football, basketball, volleyball, and handball. The authors proposed a number of lead-up exercises, which implement an integrated approach to technical, tactical and physical training in basketball and handball.

KEYWORD: integrated approach program, sports games, physical education, practical exercises, biomechanical structure.

Almost all educational institutions include sports games in physical education curricula. Game sports are widely used in the process of physical education in universities. With their help, the issues of physical development and the formation of the health of students are effectively resolved. In the process of learning to play sports, a large amount of motor skills is formed. This is due to the variety of game situations and the great variability of their solutions. The popularity of using sports games in training sessions is determined by the relative simplicity of their organization. The role of sports and, especially, team games in the formation of personal qualities of students is great, since their specificity implies the formation of such qualities as the subordination of one's own actions to the interests of the team, collectivism. Most authors agree that sports games are a universal means of physical education, with the help of which the foundations of a person's physical and spiritual culture can be formed.

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Technical training is carried out through preparatory and leading exercises. The improvement of technology takes place taking into account the individual characteristics of the student and his game function. Technical training is inextricably linked with tactical training. The main task of teaching tactics is to promote the mastery of rational means, methods and forms of playing the game in specific conditions. In the process of studying sports games in physical education classes at a university, two-way educational games are often and effectively used, bringing with them elements of competitive activity.

OFP is implemented through general developmental exercises aimed at developing speed, strength, coordination abilities, flexibility and endurance. The main means of SPT are special preparatory exercises that allow you to develop physical abilities specific to a particular sports game. The unity of physical fitness, physical fitness, technical and tactical training is the key to success in mastering sports games.

Improving skills in sports games leads to a shift in emphasis towards technical and tactical training. It is technique and tactics, as well as SFP, that should be given the largest number of training hours.

The most important task in sports games is the formation of a system of technical techniques and tactical actions at the level of motor skills. A motor skill is formed as the number of repetitions increases under relatively constant learning conditions. It is not always possible to increase the number of repetitions of a large volume of competitive actions - game techniques during training sessions limited by time frames . - Therefore, it is not always possible to achieve from the student mastering the arsenal of technical and tactical actions and physical training at the proper level.

This problem puts before us the task of the most rational use of study time and the search for the optimal form of constructing classes based on the materials of such sports games as football, basketball, volleyball, handball.

As a result of the analysis of the literature and based on our own experience, we came to the conclusion that some technical actions of a football player, basketball player, volleyball player and handball player are similar in execution. There are also similarities in tactics and physical training. Based on this, we have developed a program of an integrated approach to conducting sports games, in which we made an attempt to combine exercises with a similar biomechanical structure from football, basketball, volleyball, and handball. The essence of the approach lies in the fact that in the training sessions, exercises that form motor skills in various game types are used as lead-up exercises. That is, one individual exercise contributes to the development of motor skills of the elements of several sports games, which reduces the time spent on their study. At the same time, some technical and tactical actions in volleyball, basketball, football and handball are specific and are used only in one of the types. Therefore, the developed program also includes the study of generally accepted preparatory and lead-up exercises for a particular sports game.

The integration of technical and tactical actions can be considered on the example of elements of such sports games as basketball and handball. After analyzing the technique and tactics in basketball and handball, we came to the following: there are similarities in the tactical schemes for building defense and attack. In individual tactics, these are actions against a player with the ball and without the ball. In group actions - safety net, switching, slippage. In team tactical actions, this is personal, zone and mixed defense. In technical actions, there is a certain similarity in the biomechanical structure of the execution of such elements as running, jumping, stopping, catching, passing and dribbling. There are obvious similarities in the physical training of basketball and handball players, characterized by speed-strength, jumping endurance, coordination abilities, flexibility, etc.

Based on the foregoing, we have proposed a number of lead-up exercises in which an integrated approach is implemented in the technical, tactical and physical training in basketball and handball. According to this scheme, an analysis was carried out and common points in technique, tactics and physical training in

basketball, handball, volleyball and football were identified.

The use of this program within the framework of physical education classes at the university allows not only to ensure that students acquire skills in the above game types, but also quite easily transfer skills from one game type to another.

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